PLEASE NOTE: This trial has been registered retrospectively.

**Trial Description**

**Title**

SMS reminders to increase accelerometer wear-time: A within-trial RCT comparing persuasive messages

**Trial Acronym**

[---]*

**URL of the trial**

[---]*

**Brief Summary in Lay Language**

A persistent problem in the primary outcomes of physical activity (PA) interventions is obtaining a realistic picture of the amount and type of physical activity people engage in. The measurements should be done objectively because people have trouble remembering or correctly assessing their activities accurately - this means wearing a device to record their activity overcomes these problems.

We conduct this trial as a sub-study of a PA intervention. In our case, the device is taken off when going to sleep or swimming/showering, so the participants have to remember to put the device on when waking up and returning from the swim/shower. If they forget, their activity data is left unrecorded, and forgetting was the main reason of not wearing the device in our feasibility study.

This study aims to help participants remember the device, which should lead to better evaluation of their physical activity and thus more reliable conclusions. In the social influence literature, reasons and rationale are often touted as highly important means of obtaining compliance, although their effect has not been thoroughly researched. In our study, we will give the participants opportunity to receive text message reminders; one group will receive a succinct message and another will receive a message additionally containing a reason to comply. We then evaluate whether the effect of the two types of messages on wearing behavior differs and whether receiving the messages is associated with wearing behavior.

**Brief Summary in Scientific Language**

This study is a within-trial RCT embedded in a larger intervention. We aim to investigate the efficacy of two different SMS messages to increase the wear time of an accelerometer, i.e. provide valid activity data (days of ≥10 hours of activity data and wear hours).

**Research questions:**
1. Does offering reasons in SMS reminders affect the number of accelerometer
wear days, compared to a reminder only? Limited evidence indicates that providing study participants with reasons might increase compliance, while on the other hand our limited pre-testing suggests preference towards succinct messages.

2. Is receiving SMS reminders associated with accelerometer wear time? Anecdotal evidence from our feasibility study indicates that forgetting was the main reason for non-adherence. The current study will test this by comparing the adherence rates in a) participants who opt in on the reminders b) participants who opt out on the reminders (non-randomised control group) and c) participants in the feasibility study (historical control group).

Organizational Data

- DRKS-ID: **DRKS00007721**
- Date of Registration in DRKS: **2015/04/14**
- Date of Registration in Partner Registry or other Primary Registry: [---]*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **201310238**, Ministry of Social Affairs and Health (Finland)

Secondary IDs

- Free text: **Accelerometer wear time**
- Free text: **Feasibility of SMS reminders as a means to improve accelerometer wear time.**

Interventions/Observational Groups

- Arm 1: **Succinct reminder condition**: “Good morning! Remember to put on the activity monitor. Thanks!”. Reminder sent on six consecutive mornings.
- Arm 2: **Reminder and rational justification**: “Good morning! Because the data gathered will help produce very important scientific knowledge, remember to put on the activity monitor. Thanks!”. Reminder sent on six consecutive mornings.
- Arm 3: **A non-randomised control group of participants who decide to opt out of reminders.**

Characteristics
Study Type: Interventional
- Study Type Non-Interventional: [---]*
- Allocation: Randomized controlled trial
- Blinding: [---]*
- Who is blinded: patient/subject, investigator/therapist
- Control: Active control, Historical, No treatment
- Purpose: Other
- Assignment: Parallel
- Phase: N/A
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): N/A

Primary Outcome

1. The number of days on which participants wear the accelerometer, i.e.: provide valid activity data (days of ≥10 hours of activity data).
2. Total wear-time.

Secondary Outcome

Feasibility of using SMS and SMS content acceptability as a part of an RCT, measured with a survey asking about satisfaction with SMS content and fidelity to the intervention (how often the SMS was opened and read in the morning). We also hypothesize the arm receiving reasons to comply would have lower dropout rates in the main study.

Countries of recruitment

- FI Finland

Locations of Recruitment

- other Vocational schools, Helsinki

Recruitment

- Planned/Actual: Actual
- (Anticipated or Actual) Date of First Enrollment: 2015/01/11
- Target Sample Size: 230
- Monocenter/Multicenter trial: Multicenter trial
- National/International: National
Inclusion Criteria

- Gender: Both, male and female
- Minimum Age: 15 Years
- Maximum Age: no maximum age

Additional Inclusion Criteria

Vocational school student taking part in the Let's Move It RCT.

Exclusion criteria

Not filling the inclusion criterion.

Addresses

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Sources of Monetary or Material Support

- Public funding institutions financed by tax money/Government funding body  
  (German Research Foundation (DFG), Federal Ministry of Education and  
  Research (BMBF), etc.)

  Ministry of Education and Culture (Finland); ref. 34/626/2012  
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Status

- Recruitment Status: Recruiting complete, follow-up continuing  
- Study Closing (LPLV): [---]*

Trial Publications, Results and other documents

* This entry means the parameter is not applicable or has not been set.  
*** This entry means that data is not displayed due to insufficient data privacy clearing.